



## **Extreme Heat**

Extreme heat can be dangerous to our health if the appropriate precautions are not taken. This is because in excessive heat conditions the body must work extra hard to maintain a normal temperature.

If the weather becomes extremely hot it is important that we limit the amount of exposure to the sun we get as well as the amount of exercise that we do. Over-exposure to the sun and over-exercise (for our physical condition) are the main causes for heat related problems.

### **Guidelines for Responding to Extreme Heat:**

During excessive heat conditions we should follow these tips in order to protect our health:

- We should use the air conditioners in our homes or, if we do not have an air conditioner we should spend the hottest part of the day in a public facility such as a shopping mall, library, or a movie theater.
- Use a portable fan to blow hot air out of a room or to bring cool air in.
- Take cool baths or showers
- If we go outdoors wear light-colored, loose fitting clothing that covers most of our bodies
- If we go outdoors wear a hat that will protect our face and neck.
- Eat light, easily digestible foods
- Drink plenty of fluids (non-alcoholic)
- Do not leave our pets or children alone in a vehicle for any duration of time
- Limit the amount of sun-exposure we get
- We should check on elderly friends and neighbors as they may have trouble adapting to the heat.

